

World Mental Health Day Social Calendar

World Mental Health Day is on Tuesday 10th October and we'd love you to help us spread the word about digital mental health. Just copy and paste the copy we've provided onto your preferred social media channel.

Thanks for your support.

Thurs 5th October

Your mental health and physical health both need time and care to thrive. Cognitive Behavioural Therapy or CBT can support you as you overcome fears and anxiety, build resilience and create a more positive mindset. You can get a referral for free online CBT programmes from SilverCloud[®] by Amwell[®] today.

Let's spread the word about accessible mental wellness! Ask us about getting started.

Suggested hashtags

#MentalHealthMatters

#MentalHealthAwareness

#MentalHealthJourney

#SilverCloud

#Amwell

John Doe
@JohnDoeUsername

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SilverCloud[®]
by Amwell[®]

Strengthening skills
to help you manage
your mental health.

Fri 6th October

Life's full of inevitable ups and downs, but we can support our wellness with simple tips and tools to help manage our thoughts and understand our feelings.

Your mental health journey matters – and evidence based online programmes on SilverCloud[®] by Amwell[®] make it easier and more inclusive than ever. No matter who you are, or where you're from, support is within your reach. And it's available for free.

Start your journey to positive change today. Ask us about SilverCloud[®] mental health programmes.

Suggested hashtags

#MentalHealthCheck

#HealthyMindset

#MentalHealthForAll

#SilverCloud

#Amwell

Sat 7th October

You don't need to be a computer whizz to reap the rewards of online mental health support. All you need is a device, an internet connection and a desire to take the first step.

Embrace the possibilities, break free from limitations, and take a step towards a brighter and more balanced future. Ask us about SilverCloud[®] digital mental health programmes.

Suggested hashtags


#EmpowerYourself

#TakeChargeToday

#EasyWellness

#SilverCloud


#Amwell

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 **SilverCloud[®]**
by Amwell[®]

Small actions to support **your mind.**





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 **SilverCloud[®]**
by Amwell[®]

Evidence-based digital mental health, **when you need it.**



Sun 8th October

We have SilverCloud[®] by Amwell[®] online mental health programmes, so you can invest in your mental wellbeing, for free.

Online mental health programmes offer 24/7 support at your fingertips, meaning you can access care, no matter where you are. Dive into expert Cognitive Behavioural Therapy and practical tools on your own terms, in your own time.

Ask us about the SilverCloud[®] platform today.

Suggested hashtags

#AlwaysHereForYou

#RoundTheClockCare

#LearnGrowHeal

#SilverCloud

#Amwell

Mon 9th October

It's hard to manage your mental wellbeing when you're juggling life, work, kids, pets and everything in-between. That's why digital mental health support is so important.

We use SilverCloud[®] online mental health programmes to offer support when and where you need it, whether you're at home, on the go, or anywhere in between.

Whether it's 2pm or 2am. Think SilverCloud.

Suggested hashtags


#FlexibilityMatters

#SelfCareRevolution

#OnlineWellness

#SilverCloud

#Amwell

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SilverCloud
by Amwell[®]

Build skills to support a healthy mind.



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SilverCloud
by Amwell[®]

24/7 on-demand digital mental health care.



Tues 10th October

Mental health is a universal human right, but access and stigma prevent many people from seeking, and getting, the support they need.

Online mental health programmes on SilverCloud[®] by Amwell[®] are helping to change that.

They make seeking evidence-based help quick, easy and private.

This World Mental Health Day, it's time to embrace a new style of self-care. Ask us about SilverCloud[®] programmes today.

Suggested hashtags

#MentalHealthDay

#WorldMentalHealthDay

#MentalHealthForAll

#SilverCloud

#Amwell

Wed 11th October

For mental health to truly be universal, it must be universally accessible. That's why we're using digital Cognitive Behavioural Therapy (CBT) programmes on SilverCloud[®] by Amwell[®].

SilverCloud[®] online mental health programmes can flex to fit into your life. No more worries about appointment schedules or commutes to a clinic – just professional, personalised CBT support when you need it.

Best of all, they're free for you.

Ask for SilverCloud[®] and start your journey to mental wellness today.

Suggested hashtags

#InclusiveCare

#MentalHealthForAll

#MentalHealthJourney

#SilverCloud

#Amwell



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SilverCloud
by Amwell[®]

Digital mental health tools.
In your pocket.



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SilverCloud
by Amwell[®]

What happens
in the mind,
shows up
at home.



Wellbeing Tips

Looking for even more inspirational content to share around World Mental Health Day? Here's a selection of short wellbeing tips.

The best way to begin your self-care journey is to keep it simple. Start with small changes that help your mental and physical health, such as getting a good night's sleep or eating one extra portion of fruit.

Sleep is vital for good physical and mental health. A simple but consistent bedtime routine can help you drift off and get a good nights rest. Start yours tonight.

Trying new things can be scary, so don't beat yourself up if you're feeling nervous. Instead of thinking about what could go wrong, try thinking about what could go right! This small mindset change can make a big difference.

What's in your self-care toolkit? We'd love to hear your tips for mental health maintenance.

Creating a positive, calming space is an important part of your mental health maintenance. Giving your space a little upgrade, whether it's painting a wall or simply making your bed each morning can give you a sense of control.

Give your long-term mental wellbeing a boost by writing down all the things you have to look forward too. They don't need to be big, perhaps yours is spending time with family or simply looking forward to the next sunny day.

Mental health and wellbeing content to share

Keep the conversation going by sharing these blog posts at any time during Mental Health Awareness Week.

Low-level anxiety doesn't have to be the new normal

<https://www.silvercloudhealth.com/uk/blog/low-level-anxiety-doesnt-have-to-be-the-new-normal>

Tips for Coping with Bereavement, Grief, and Loss

<https://www.silvercloudhealth.com/uk/blog/tips-for-coping-with-bereavement-grief-and-loss>

Writing as a Therapeutic Exercise

<https://www.silvercloudhealth.com/uk/blog/writing-as-a-therapeutic-exercise>

Factors You Should Consider When Deciding Whether Digital CBT Is For You

<https://www.silvercloudhealth.com/uk/blog/factors-you-should-consider-when-deciding-whether-digital-cbt-is-for-you>



Find out more

